

Full Report (All Nutrients) 19361, Syrups, table blends, cane and 15% maple

Report Date: October 09, 2015 04:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor: 4 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 315g	1 tbsp 20g
Proximates						
Water	g	30.10	--	--	94.82	6.02
Energy	kcal	278	--	--	876	56
Energy	kJ	1165	--	--	3670	233
Protein	g	0.00	--	--	0.00	0.00
Total lipid (fat)	g	0.10	--	--	0.32	0.02
Ash	g	0.35	--	--	1.10	0.07
Carbohydrate, by difference	g	69.52	--	--	218.99	13.90
Fiber, total dietary	g	0.1	--	--	0.3	0.0
Sugars, total	g	68.20	--	--	214.83	13.64
Minerals						
Calcium, Ca	mg	12	--	--	38	2
Iron, Fe	mg	0.19	--	--	0.60	0.04
Magnesium, Mg	mg	2	--	--	6	0
Phosphorus, P	mg	0	--	--	0	0
Potassium, K	mg	53	--	--	167	11
Sodium, Na	mg	104	--	--	328	21
Zinc, Zn	mg	0.63	--	--	1.98	0.13
Copper, Cu	mg	0.017	--	--	0.054	0.003
Manganese, Mn	mg	0.495	--	--	1.559	0.099
Selenium, Se	µg	0.5	--	--	1.6	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.001	--	--	0.003	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 315g	1 tbsp 20g
Riboflavin	mg	0.014	--	--	0.044	0.003
Niacin	mg	0.005	--	--	0.016	0.001
Pantothenic acid	mg	0.005	--	--	0.016	0.001
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	0.2	--	--	0.6	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.020	--	--	0.063	0.004
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.018	--	--	0.057	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 315g	1 tbsp 20g
18:0	g	0.002	--	--	0.006	0.000
Fatty acids, total monounsaturated	g	0.032	--	--	0.101	0.006
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.031	--	--	0.098	0.006
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.050	--	--	0.158	0.010
18:2 undifferentiated	g	0.046	--	--	0.145	0.009
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.004	--	--	0.013	0.001
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0